

Hot Pot Cabbage and Meatballs

Makes: 6 Servings

Ingredients

1/4 cup onion, chopped
1/2 pound lean ground beef or turkey
1/2 cup breadcrumbs, dry
1 egg
1/4 cup milk, low-fat 1% or less
1/2 teaspoon salt
A dash of pepper
4 cups cabbage, chopped
2 cloves garlic, minced
1/2 cup onion, chopped
2 teaspoons vegetable oil
1/2 cup water
1/2 cup vinegar
1/4 cup sugar
1 3/4 cups tomatoes, diced
1 teaspoon dry mustard
1/2 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon hot sauce optional

Directions

****Steps for Making Meatballs ****

1. Preheat oven to 400°.
2. Cut onion in half. Cut ends and discard. Peel onion.
Chop onion.
3. Place all ingredients in a large bowl (children may add onion, breadcrumbs, low-fat milk, salt and pepper).

4. Mix thoroughly.
5. Form 8 to 10 meatballs and place on baking sheet.
6. Bake 20 minutes, until well done.

****Steps for making Hot Pot Cabbage ****

1. Wash and chop cabbage. Mince garlic.
2. Cut onion in half. Cut ends and discard. Peel onion.
Chop onion.
3. Heat oil in large pot over medium heat. Add garlic and onion, and cook 3 to 5 minutes.
4. Add remaining ingredients, except cabbage.
Increase heat and bring mixture to boil.
5. Stir in cabbage and cook 5 minutes.
6. To serve, add cooked meatballs to cabbage mixture.
7. Enjoy!

Notes

Serving Size: 1 cup

*The first seven ingredients are for the meatballs and the remaining ingredients are for the cabbage.